

# DINNERLY



## Coconut-Crumbed Chicken with Two-Veg Chips and Sweet Chilli Sauce



35 minutes



2 Servings

They're crunchy, coconut-coated and crazy delicious! All these chicken tenders need are some veggie chips and a leafy salad and it's an all-round dinner winner.

## WHAT WE SEND

- 2 potatoes
- 1 carrot
- 40g shredded coconut <sup>17</sup>
- free-range chicken tenderloins
- 50g mixed salad leaves
- 40ml sweet chilli sauce

## WHAT YOU NEED

- 2 tbs olive oil
- 1 egg <sup>3</sup>
- 1 tbs plain flour <sup>1</sup>
- 1 tsp white or red wine vinegar <sup>17</sup>

## TOOLS

- large oven tray
- baking paper
- medium frypan

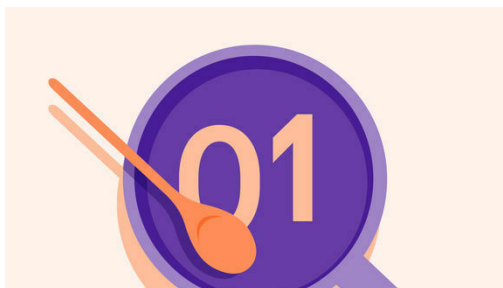
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Egg (3), Sulphites (17). May contain traces of other allergens.

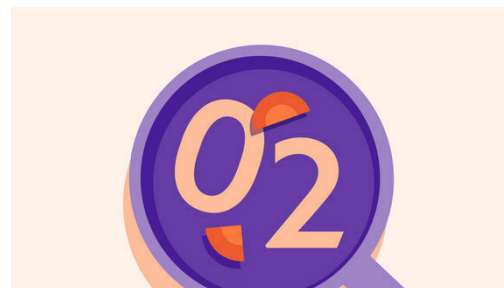
## NUTRITION PER SERVING

Energy 765kcal, Fat 33.8g, Carbs 61.8g, Proteins 45.7g



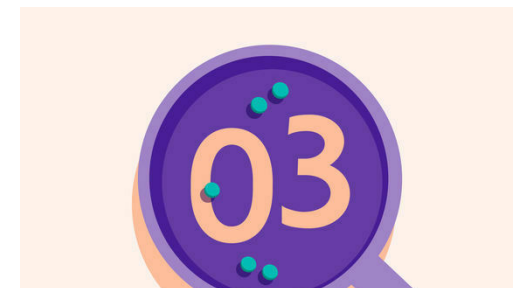
### 1. Bake chips

Preheat the oven to 220C. Line a large oven tray with baking paper. Peel the **potatoes** and **carrot**, then cut into 1cm-thick chips. Put the chips on the lined tray, drizzle with **2 tsp olive oil** and season with **salt and pepper**. Bake for 25 mins or until golden and tender.



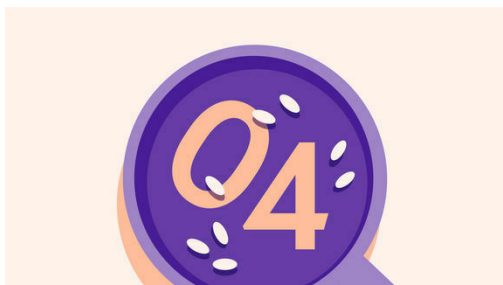
### 2. Coat chicken

Meanwhile, season the **chicken** with **salt and pepper**. Whisk **1 egg** in a shallow bowl. Put the **coconut** and **1 tbs plain flour** in separate shallow bowls. Dust the chicken with the flour, shake off the excess, then dip in the egg and coat in the coconut.



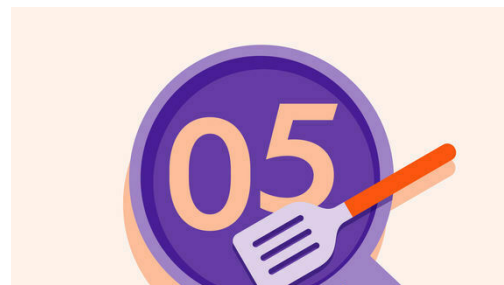
### 3. Fry chicken

Heat **1 tbs olive oil** in a medium frypan over medium heat (see Kitchen 101). Cook the **chicken** for 4 mins each side or until golden and cooked through. Remove from the pan.



### 4. Dress salad leaves

Combine **2 tsp olive oil** and **1 tsp white wine vinegar** in a large bowl and season with **salt and pepper**. Add the **salad leaves** and toss to coat.



### 5. Serve up

Divide the **chicken, chips** and **salad** among plates. Serve with the **sweet chilli sauce** and enjoy!



### 6. Kitchen 101

Keep a close eye on the chicken so the coconut coating doesn't burn before the chicken is cooked through. If it does start to burn, reduce the heat to medium-low.